

Forming Habits

Goal:

Daily action (habit) that will help you get closer to your goal:

Accountability - use this to track your daily completion of this habit:

Day 1:	Day 16:
Day 2:	Day 17:
Day 3:	Day 18:
Day 4:	Day 19:
Day 5:	Day 20:
Day 6:	Day 21:
Day 7:	Day 22:
Day 8:	Day 23:
Day 9:	Day 24:
Day 10:	Day 25:
Day 11:	Day 26:
Day 12:	Day 27:
Day 13:	Day 28:
Day 14:	Day 29:
Day 15:	Day 30:

Forming Habits - Example

Example Goal:

My goal is to learn how to play one song on the guitar by the end of the month.

Example Daily action (habit) that will help you get closer to your goal:

I will spend 20 minutes each day practicing the guitar.

Accountability - use this to track your daily completion of this habit:

Day 1: 20 mins complete	Day 16:
Day 2: 20 mins complete	Day 17:
Day 3: 20 mins complete	Day 18:
Day 4: 20 mins complete	Day 19:
Day 5: 20 mins complete	Day 20:
Day 6: 20 mins complete	Day 21:
Day 7: 20 mins complete	Day 22:
Day 8: day skipped - will make up time	Day 23:
Day 9: 40 mins complete	Day 24:
Day 10: 20 mins complete	Day 25:
Day 11:	Day 26:
Day 12:	Day 27:
Day 13:	Day 28:
Day 14:	Day 29:
Day 15:	Day 30: